

Dr Greg Haff

Recent Publications

Books

- G.G. Haff and C. Dumke. *Exercise Physiology Laboratory Techniques Manual*. Human Kinetics Publishers, Champaign, IL 2012. (ISBN-13: 978-0-73608-413-0).
- R. Bryner and G.G. Haff. *Exercise Physiology: Workbook and Study Guide*. Kendall Hunt, Dubuque, IA, 2009. (ISBN 978-0-7575-6829-9).
- T. Bompa and G.G. Haff. *Periodization: Theory and Methodology of Training (5th edition)*. Human Kinetics Publishers, Champaign, IL, 2009. (ISBN-13: 978-0-73607-482-4).
- G.G. Haff. *Essentials of Sports Nutrition and Supplements Study Guide*, Humana Press Inc., Totowa, NJ, 2008. (ISBN: 978-1-59745-302-8)
- J. Antonio, D. Kalman, D. Kalaman, J. Stout, M. Greenwood, D. Willoughby and G.G Haff (Eds.). *Essentials of Sports Nutrition* Humana Press Inc., Totowa, NJ, 2008. (ISBN: 978-1-58829-611-5).

Book Chapters

- G.G. Haff and E.E. Haff. Resistance Training Program Design. In: *NSCA'S Essentials of Personal Training (2nd Edition)*. M. Malek and J. Coburn (Eds.), Human Kinetics Publishers, Champaign, IL (2012). Pg 359-401. (ISBN-13: 978-0-73608-415-4).
- G.G. Haff and E.E. Haff. Training Integration and Periodization. In: *NSCA's Guide to Program Design*. J. Hoffman (Ed.), Human Kinetics Publishers, Champaign, IL (2012). Pg 209-254. (ISBN-13: 978-8-073608-402-4).
- G.G. Haff. Carbohydrates. In: *Essentials of Sports Nutrition*. J. Antonio, D. Kalman, J. Stout, M. Greenwood, D. Willoughby and G.G Haff (Eds.). Humana Press Inc., Totowa, NJ (2008).

Refereed Journal Articles

- M.D. Peterson, E. Pistilli, G. G. Haff, E.P. Hoffman, and P.M. Gordon. Progression of volume load and muscular hypertrophy during resistance exercise. *European Journal of Applied Physiology*, 111(6):1063-1071, 2011.
- A.A. Kavanaugh, M.W. Ramsey, W.A. Sands, G.G. Haff, and M.H. Stone. Acute Effects of Whole-Body Vibration on Static Jump Performance. *European Journal of Sport Science* , 11(1):19-25, 2011.
- G. Gregory Haff. Quantifying Work Loads in Resistance Training a Brief Review. *Professional Strength and Conditioning* 19(Autumn):31-40, 2010.
- M.J. Ryan, H.J. Dudash, M. Docherty, K.B. Geronilla, B.A. Baker, G.G Haff, R.G. Cutlip, and S. E. Alway. Effects of vitamin E&C Supplementation on Regulation of Muscle Function, Oxidative Stress, and Antioxidant Enzymes in Chronically Loaded Young and Aged Rat Dorsiflexor muscle. *Experimental Gerontology* 45:882-894, 2010.
- G.G. Haff, D. Bishop, J.R. Hoffman, N. Kawamori, R. Newton, W.A. Sands, and M.H. Stone. Roundtable Discussion: Sport Science. *Strength and Conditioning Journal* 32(2):33-45, 2010.
- R. Ruben, M. Molinari, C.A. Bibbee, M. A. Childress, M.S. Harman, K.P. Reed, and G.G. Haff. The Acute Effects of Heavy-Loaded Squats on Performance during Plyometric Jumps. *Journal of Strength and Conditioning Research* 24(2):358-369, 2010.

- J. Whittington, E. Schoen, L.L. Labonty, M.W. Ramsey, R. Hamdy, M.E. Stone, W.A. Sands, G.G. Haff, and M.H. Stone. Bone Mineral Density and Content of Collegiate Throwers: Influence of Maximum Strength. *Journal of Sports Medicine and Physical Fitness* 49(4):464-473, 2009.
- J.M. Kraska, M.W. Ramsey, G.G. Haff, N. Fethke, W.A. Sands, M.E. Stone, and M.H. Stone. Relationship Between Isometric Force Characteristics and the Difference in Un-Weighted and Weighted Vertical Jump Height. *International Journal of Sports Physiology and Performance* 4:461-473, 2009.
- J.R. Hoffman, W.J. Kraemer, S. Bhasin, T. Storer, N.A. Ratamess, G.G. Haff, D.S. Willoughby, and A.R. Rogol. National Strength and Conditioning Association: Position Stance on Androgen and Growth Hormone Use. *Journal of Strength and Conditioning Research* 23(5):S1-S59, 2
- G.G. Haff, S.J. Burgess, and M.H. Stone. Cluster Training: Theoretical and Practical Applications for the Strength and Conditioning Professional. *Professional Strength and Conditioning* 12:12-17, 2008.
- W.A. Sands, J.R. McNeal, M.H. Stone, G.G. Haff, and A.M. Kinser. The effect of Vibration on Motion and Pain Perception in Young Male Gymnasts. *International Journal of Sports Physiology and Performance* 3:469-481, 2008.
- M. Ryan, H.J. Dudash, M. Docherty, K.B. Geronilla, B.A. Baker, G.G. Haff, R.G. Cutlip, and S. E. Alway. Aging-dependent regulation of antioxidant enzymes and redox status in chronically loaded rat dorsiflexor muscles. *Journal of Gerontology: Biological Sciences*, 33(10):1015-1026, 2008.
- J. R. Kulik, N. Kawamori, C.D. Touchberry, P. A. Blumert, A.J. Crum, and G. G. Haff. Supplemental Carbohydrate Ingestion Does Not Improve Performance of High Intensity Resistance Exercise. *Journal of Strength and Conditioning Research*, 22(4):1101-1107, 2008.
- G.G. Haff, B.E. Becker, J.M. Lindle-Chewning, K. Huff, B.W. Sherlock, L.A. Sherlock, and M. Stolt. Roundtable Discussion II: Aquatic Cross Training for Athletes; Part II, *Strength and Conditioning Journal*, 30(3):67-73, 2008.
- W.A. Sands, J.R. McNeal, M.H. Stone, W.L. Kimmel, G.G. Haff, and M. Jemi. The effect of Vibration on Active and Passive Range of Motion in Female Elite Synchronized Swimmers. *European Journal of Sports Science*, 8(4):217-223, 2008.
- G.G. Haff, B.E. Becker, J.M. Lindle-Chewning, K. Huff, B.W. Sherlock, L.A. Sherlock, and M. Stolt. Roundtable Discussion I: Aquatic Cross Training for Athletes; Part I, *Strength and Conditioning Journal*, 30(2):18-26, 2008.
- G.G. Haff, J.R. Jackson, N. Kawamori, J.M. Carlock, M.J. Hartman, J.L. Kilgore, R.T. Morris, M.W. Ramsey, W. A. Sands, and M.H. Stone. Force Time Curve Characteristics and Hormonal Alterations during an 11-Week Training Period in Elite Women Weightlifters. *Journal of Strength and Conditioning Research*, 22(2):433-446, 2008.
- G.G. Haff, R.T. Hobbs, E.E. Haff, W.A. Sands, K.C. Pierce, and M. H. Stone. Cluster Training: A Novel Method for Introducing Training Program Variation, *Strength and Conditioning Journal*, 30(1):67-76, 2008.
- M.H. Stone, W.A. Sands, K.C. Pierce, R. Newton, M.W. Ramsey, and G.G. Haff. Power and Power Potentiation among Strength Power Athletes: Preliminary Study. *International Journal of Sports Physiology and Performance*, 3:55-67, 2008.
- P.A. Blumert, A.J. Crum, M. Ernsting, J.S. Volek, D.B. Hollander, and G.G. Haff. The Acute Effects of Sleep Deprivation on National Class Male Collegiate Weightlifters. *Journal of Strength and Conditioning Research*, 21(4):1146-1154, 2007.
- S. Rossi, T.W. Buford, D.B. Smith, R. Kennel, E.E. Haff and G.G. Haff. Bilateral Comparison of Barbell Kinematics during a Weightlifting Competition. *International Journal of Sports Physiology and Performance* 2:150-158, 2007.

- J.K Dunlavy, W.A. Sands, J.R. McNeal, M.H. Stone, S.L. Smith, M. Jemni, and G.G. Haff. Strength Performance Assessment in Simulated Men's Gymnastics Still Rings Cross. *Journal of Sport Science and Medicine* 6:93-97, 2007.
- G.G. Haff, J. Antonio, R. Chetlin, J. Hoffman, W.J. Kraemer, M. Lively, and J. Vingren. Roundtable discussion: anabolic androgenic steroids: part II. *Strength and Conditioning Journal*, 29(1):50-57, 2007.
- G.G. Haff, J. Antonio, R. Chetlin, J. Hoffman, W.J. Kraemer, M. Lively, and J. Vingren. Roundtable discussion: anabolic androgenic steroids: part I. *Strength and Conditioning Journal*, 28(6):42-55, 2006.
- G.G. Haff. Anabolic-androgenic steroids. *NSCA's Performance Training Journal*, 5:7-14, 2006.
- C.L. Dumke, D. Brock, B. Helms, and G.G. Haff. Heart rate at lactate threshold and cycling time trials. *Journal of Strength and Conditioning Research*, 20(3):601-607, 2006.
- N. Kawamori, S. Rossi, B. Justice, E.E. Haff, E. Pistilli, H.S. O'Bryant, M.H. Stone, and G.G. Haff. Peak force and rate of force development during isometric mid-thigh clean pulls and dynamic mid-thigh clean pulls performed at various intensities. *Journal of Strength and Conditioning Research*, 20(3):483-491, 2006.
- M.H. Stone, W. A. Sands, K.C. Pierce, R. U. Newton, G. G. Haff, M. E Stone, and J. Carlock. Maximum strength and strength training – a relationship to endurance?? *Journal of Strength and Conditioning* 28(3):44-53, 2006.
- T. Baghurst, D. Hollander, B. Nardella and G.G. Haff. Change in Sociocultural Ideal Male Physique: An Examination of Past and Present Action Figures. *Body Image: An International Journal of Research*, 3:87-91, 2006.
- G.G. Haff, T.W. Beck, J. Cramer, D. S. Davis, A. Egan, J. McBride, and D. Wathen. Roundtable discussion: flexibility training. *Journal of Strength and Conditioning*, 28(2):64-85, 2006.

Published Abstracts:

- K.B. Painter, G.G. Haff, M.W. Ramsey, N.T. Triplett, J. McBride, C. Stuart, W. A. Sands, M.E. Stone, and M. H. Stone. Comparison of traditional versus daily undulating training among D-1 collegiate throwers: a pilot study. *Journal of Strength and Conditioning Research*, (online). 25(3):116, 2011.
- A.A. Kavanaugh, M.W. Ramsey, D.A. Williams, G.G. Haff, W.A. Sands, and M. H. Stone. The acute effect of whole body vibration on 30 meter fly sprint performance in NCAA division I sprinters and jumpers, *Journal of Strength and Conditioning Research*, (online). 25(3):43, 2011.
- G. G. Haff, R. Ruben, H. Saffel, J.L. Cormie, W.A. Sands, and M.H. Stone. Reliability of accelerometer based performance measurements during countermovement vertical jumps and the influence of sampling frequency. *Journal of Strength and Conditioning Research* (online). 25(3):92, 2011.
- R. Ruben, H. Saffel, J. L. McCrory, P. Cormie, and G.G. Haff. Comparison of accelerometer based vertical jump assessments to a linear position transducer plus force plate system. *Journal of Strength and Conditioning Research* (online). 25(3):37, 2011.

- M. D. Peterson, M. Kampert, G.G. Haff, and P.M. Gordon. The contribution of volume load variations on strength and hypertrophy during unilateral resistance training in the elbow flexor. *Journal of Strength and Conditioning Research (online)*. 24(1):39, 2009.
- G.G. Haff, R. Ruben, M. Molinari, K. Painter, M.W. Ramsey, M.E. Stone, and M.H. Stone. The relationship between the eccentric utilization ratio, reactive strength, and pre-stretch augmentation and selected dynamic and isometric muscle actions. *Journal of Strength and Conditioning Research (online)*. 24(1):17, 2009.
- R. Ruben, M. Molinari, C. Bibbee, M. Childress, M. Harman, K. Reed, K. Fowler, S. Burgess, and G.G. Haff. The effects of heavy-loaded squats on performance during plyometric jumps. *Journal of Strength and Conditioning Research (online)*. 24(1):42, 2009.
- G.G. Haff, M.H. Stone, M.W. Ramsey, and G.W. Hornsby. The comparison of accelerometer based estimates of maximal bench press strength and actual 1-repetition maximum tests in untrained college students. *Journal of Strength and Conditioning Research (online)*, 22(6):59, 2008.
- R. Hobbs, D. Donley, M. Woodworth-Hobbs, C. Rasseck, M. Lively, S. Always, G.G. Haff, and R. W. Bryner. The Effect of a Multiple Step Antioxidant Nutritional Supplementation Protocol on High-Intensity Cycling Performance. *Medicine and Science in Sports and Exercise*, 40(5-supplement):S246, 2008.
- M.E. Woodworh-Hobbs, R.T. Hobbs, M.D. Mayle, G.G. Haff, and R.W. Bryner. The effect of Sports Vision Training on Softball Athletic Performance. *Medicine and Science in Sports and Exercise*, 40(5-supplement):S381, 2008.
- J.M. Kraska, A.M. Kinser, C. Whitted, M.W. Ramsey, M.E. Stone, G.G. Haff, W.A. Sands, and M.H. Stone. Relationship Between Isometric Force Characteristics and the Difference in Jump Height in Weighted and Un-weighted Jumps. *Journal of Strength and Conditioning Research (online)*, 21(4):e31, 2007.
- J.M. Kraska, M.W. Ramsey, A.M. Kinser, G.G. Haff, W.A. Sands, M.E. Stone, and M.H. Stone. Relationship Between Isometric Force Characteristics and Peak Power Output in Static and Countermovement Jumps at Various Loading Conditions. *Journal of Strength and Conditioning Research (online)*, 21(4):e31, 2007.
- A.M. Kinser, J. M. Kraska, W.M. Ramsey, W.A. Sands, G.G. Haff, M.E. Stone, and M.H. Stone. The Effect of 8 Weeks of Strength-Power Training in Collegiate Throwers on Force-Time Parameters Generated During a Post Exercise Potentiation Complex. *Journal of Strength and Conditioning Research (online)*, 21(4):e32, 2007.
- M.H. Stone, W.A. Sands, G.G. Haff, K.C. Pierce, and M.W. Ramsey. Power and Power Potentiation Among Strength Power Athletes. *Journal of Strength and Conditioning Research (online)*, 21(4):e32, 2007.
- M. Ramsey, G.G. Haff, A.M. Kinser, J.M. Kraska, M.E. Stone, W.A. Sands, H. Hasegawa, and M.H. Stone. Isometric and Dynamic Force-Time Curve Characteristics of Collegiate Throwers. *Journal of Strength and Conditioning Research (online)*, 21(4):e32, 2007.

- M. Ramsey, J.M. Kraska, A.M. Kinser, J. Keller, H. Hasegawa, G.G. Haff, W.A. Sands, M.E. Stone, and M. H. Stone. The Relationship Between Coaches' Rank and Explosive Strength Performance in Female Collegiate Athletes. *Journal of Strength and Conditioning Research (online)*, 21(4):e32, 2007.
- G.G. Haff, B. Ossenbrink, W.A. Sands, and M.H. Stone. Reliability and Validity of the Computrainer™ and Powertap™ Power Meter. *Journal of Strength and Conditioning Research (online)*, 20(4):e15, 2006.
- G.G. Haff and M.H. Stone. The Effects of Carbohydrate Supplementation on Leukocyte and Lymphocyte Responses to Multiple Resistance Training Bouts. *Medicine and Science in Sports and Exercise*, 38(5 Suppl.):S410-S411, 2006
- W.A. Sands, M.H. Stone, J.R. McNeal, M. Jemni, G.G. Haff. Estimation of Power Output from Static and Countermovement Vertical Jumps: Junior National Team Male Gymnasts. *Medicine and Science in Sports and Exercise*. 38(5 Suppl.):S231, 2006.

Research Presentations:

- H.S. Gray, S. Mizuguchi, S. Calabrese, J.D. Meredith, C.J. McDonald, M. Cardinale, G.G. Haff, M.W. Ramsey, A.L. Sayer, and M.H. Stone. A comparison between the Polar Team² training load and the session-RPE training load as a method for monitoring different training modalities in NCAA division 1 male soccer players. 40th Annual Southeast Chapter of the American College of Sports Medicine Meeting, Jacksonville, Florida February 10, 2012.
- W.G. Hornsby, C.R. Carter, G.G. Haff, M.R. Ramsey, A.R. Dotterweich, N.T. Triplett, C.A. Stuart, M.E. Stone, and M.H. Stone. Hormone and Adipokine Alterations across 11 Weeks of Training in Division 1 Collegiate Throwers: An Exploratory Study. Fifth Annual Coaches and Sports Sciences College. Johnson City, TN, December 17-18th, 2010.
- B. Leary, J. Statler, B. Hopkins, R. Fitzwater, T. Kesling, J. Lyon, B. Phillips, R. Bryner, P. Cormie, and G. G. Haff. The relationship between isometric force-time characteristics and club head speed in recreational golfers. Fifth Annual Coaches and Sports Sciences College. Johnson City, TN, December 17-18th, 2010.
- L.M. Oberacker, G.L. Moir, S.E. Davis, C.A. Witmer, and G.G. Haff. The effects of stable versus unstable surface training on performance in female soccer players. 33rd Annual Scientific Meeting of the Mid-Atlantic Regional Chapter of the American College of Sports Medicine (MARC-ACSM). Harrisburg, PA November 5, 2010.
- G.G. Haff, K. Painter, M.W. Ramsey, N. T. Triplett, J. McBride, C. Stuart, W. A. Sands, M.E. Stone and M. H. Stone. Comparison of block versus daily undulating periodization among division-1(D-1) collegiate track and field athletes: an exploratory study. UK Strength and Conditioning Association 6th Annual Conference, Kent's Hill Park, England June 4-6, 2010.
- G. Hornsby, M. South, A. Kavanaugh, A. Layne, G.G. Haff, W.A. Sands, M. Cardinale, M.W. Ramsey, and M.H. Stone. The acute effects of whole body vibration on isometric mid-thigh pull performance. Fourth annual Coaches and Sports Sciences College. Johnson City, TN, December 18, 2009.

- S. Mizuguchi, P. Cormie, A. Layne, M. South, G.G. Haff, W.A. Sands, J. McBride, M.W. Ramsey, and M.H. Stone. Fourth annual Coaches and Sports Sciences College. Johnson City, TN, December 18, 2009.
- A.M. Swisher, G.G. Haff, A. Kavanaugh, C. Nelson, A. Layne, M.W. Ramsey, M.E. Stone, and M.H. Stone. Relationship of strength and power characteristics to overhead shot throw performance in NCAA division I male throwers. UK Strength and Conditioning Association 5th Annual Conference, Wyboston Lakes, England, June 5-7 2009.
- A.A. Kavanaugh, M. South, K. Painter, M.E. Stone, M.M. Byrne, R.C. Hamdy, G.G. Haff, M.H. Stone, and M.W. Ramsey. Relationship of training volume to bone mineral density in NCAA division I cross country runners. UK Strength and Conditioning Association 5th Annual Conference, Wyboston Lakes, England, June 5-7 2009.
- M. Molinari, K. Painter, M.W. Ramsey, M.E. Stone, G.G. Haff, and M. H. Stone. A comparison of daily undulating with traditional periodization in collegiate track and field athletes. Third Annual Coaches & Sport Science College, Johnson City TN, December 12-13, 2008.
- G.G. Haff, M. Molinari, R. Ruben, M.W. Ramsey, K. Painter, M.E. Stone, and M.H. Stone. A pilot study of the reliability and validity of accelerometer based vertical jump assessments. Third Annual Coaches & Sport Science College, Johnson City TN, December 12-13, 2008.
- R. Ruben, M. Molinari, C. Bibbee, M. Childress, M. Harman, K. Reed, J. Thomas, and G. G. Haff. A pilot study on the effects of heavy-loaded squats on performance during plyometric jumps. Third Annual Coaches & Sport Science College, Johnson City TN, December 12-13, 2008.
- J.M. Kraska, M.W. Ramsey, G.G. Haff, N. Fethke, A.M. Kinser, W.A. Sands, K. Painter, M.E. Stone, and M.H. Stone. Relationship between isometric force characteristics and the difference in un-weighted and weighted vertical jump height. UK Strength and Conditioning Association 4th Annual Conference, Belfast Ireland, June 6-8, 2008.
- A.M. Swisher, J.M. Kraska, M.W. Ramsey, K. Painter, C. Gooden, A. Layne, W.A. Sands, G.G. Haff, J. McBride, M.E. Stone, and M.H. Stone. The Relationship of Peak Isometric Strength to Peak Aerobic Power and 3000 M Performance in Cross Country Runners. Southeast Chapter of the American College of Sports Medicine, Birmingham, AL, February 16, 2008.
- A.M. Swisher, J.M. Kraska, M.W. Ramsey, C. Nelson, W.A. Sands, G.G. Haff, H. Hasegawa, J. McBride, M.E. Stone, and M.H. Stone. Relationship of Peak Isometric Strength to Rate of Force Development among Collegiate Track and Field Athletes. Southeast Chapter of the American College of Sports Medicine, Birmingham, AL, February 16, 2008.
- J.M. Kraska, A.M. Kinser, C.B. Whitted, J. Keller, M.W. Ramsey, G.G. Haff, W. A. Sands, M.E. Stone, and M.H. Stone. Relationship of Isometric Peak Force and Rate of Force Development to Coaches Rank, Agility, and Agility Endurance Characteristics among Female American Collegiate Football (Soccer) Players. UK Strength and Conditioning Association 3rd Annual Conference, Sportscotland National Centre, Largs Scotland, May 18-20, 2007.

- W.A. Sands, M.H Stone, J.R. McNeal, S.L. Smith, M. Jemni, J.K. Dunlavy, K. Mizushima, G.G. Haff. A Pilot Study To Measure Force Development During A Maltese Cross Performed on Gymnastics Still Rings. International Society for Sport Biomechanics Annual Symposium, University of Salzburg, Salzburg, Austria, July 14-18, 2006.
- W.A. Sands, J.R. McNeal, M.H. Stone, S.L. Smith, J.K. Dunlavy, M. Jemni, G.G. Haff, K. Mizushima. Exploratory Relationship of Drop Jump Performance With Gymnastics Vaulting and Floor Exercise Scores. European College of Sports Science Congress, Laussane Switzerland, July 5-8, 2006.

Invited Presentations:

- G.G. Haff. Key Note: Sequential periodization models for the development of power: A physiological rationale, The Australian Strength and Conditioning Association 2011 International Conference on Applied Strength and Conditioning. Surfers Paradise, Australia, November 12th, 2011.
- G.G. Haff. Training Theory and Planning of Training, ASCA Level 2 Strength and Conditioning Coach Course, Western Australia Institute of Sport, Mt. Claremont Western Australia October 30, 2011.
- G.G. Haff. Strength Power Potentiating Complexes. Western Australian Chapter of the Australian Strength and Conditioning Association, Joondalup WA, September 22, 2011.
- G.G. Haff. Plyometric Exercises and the Tactical Athlete. NSCA-Israel Defense Forces Tactical Strength and Conditioning Symposium, Tel Aviv Israel, July 20th, 2011.
- G.G. Haff. Basic Weightlifting Techniques. NSCA-Israel Defense Forces Tactical Strength and Conditioning Symposium, Tel Aviv Israel, July 19th, 2011.
- G.G. Haff. Periodization for Tactical Athletes. NSCA-Israel Defense Forces Tactical Strength and Conditioning Symposium, Tel Aviv Israel, July 19th, 2011.
- G.G. Haff. Developing Resistance Training Programs. NSCA-Israel Defense Forces Tactical Strength and Conditioning Symposium, Tel Aviv Israel, July 19th, 2011.
- G.G. Haff. Michael H. Stone Sport Science Lecture on Sequential Training Models: A Physiological Rationale for the Development of Strength and Power, 34th National Strength and Conditioning Association National Conference, Las Vegas NV, July 8th, 2011.
- G.G. Haff. Theoretical and Practical Applications of Strength-Power Potentiating Complexes. 2011 Strength and Conditioning Conference for Sport Scientists, Beijing China, May 11th, 2011.
- G. G. Haff. Physiological Basis for Sequential Periodization Models For Strength and Power Development. 2011 Strength and Conditioning Conference for Sport Scientists, Beijing China, May 9th, 2011.
- G.G. Haff. Contributions of sports science: Current and controversial issues: power output and sports performance. Fifth Annual Coaches and Sports Sciences College. Johnson City, TN, December 16-18, 2010.

- D. Wathen, M. Ramsey, H. Lamont, J. Winchester, G. G. Haff, B. Johnston, R. J. Elbin, M. Stone, and M. H. Stone. Group Discussion- From Sport Science/Sport Medicine Perspective – How do you get students, athletes, and coaches engaged in sport science/sport medicine? Fifth Annual Coaches and Sports Sciences College. Johnson City, TN, December 16-18, 2010.
- G.G. Haff. Pre-Conference Symposia on the Periodization of Training. UK Strength and Conditioning Association 6th Annual Conference, Kent's Hill Park, England June 4, 2010.
- G.G. Haff. Potentiation-What is it and why should my athletes care? Midwestern Sports Performance Conference, University of Kansas Anderson Family Strength and Conditioning Center, Lawrence, KS, May 7-8, 2010.
- G. G. Haff. Teaching Progressions for the Power Snatch. 3rd NSCA International Conference. Arnhem, Netherlands, April 17, 2010.
- G. G. Haff. Post Activation Potentiation. 3rd NSCA International Conference. Arnhem, Netherlands, April 17, 2010.
- G.G. Haff. Periodization. 3rd NSCA International Conference. Arnhem, Netherlands, April 16, 2010.
- G.G. Haff. Periodization a step by step approach to constructing the annual training plan to integrate and sequence training factors. NSCA Southeast Regional Clinic, Boone, NC, April 10, 2010.
- G. G. Haff. Olympic Movements. NSCA Tactical Strength and Conditioning Annual Conference. Las Vegas, NV, March 10, 2010.
- G.G. Haff. Maintaining Operational Fitness with No “Off-Season”. NSCA Tactical Strength and Conditioning Annual Conference. Las Vegas, NV, March 10, 2010.
- M.H. Stone and G.G. Haff. Coach How Much Weight Should I Lift? Fourth annual Coaches and Sports Sciences College. Johnson City, TN, December 19, 2009.
- G.G. Haff. Machines vs. Free Weights – What’s the Difference. Fourth annual Coaches and Sports Sciences College. Johnson City, TN, December 19, 2009.
- G.G. Haff. Periodization as applied to strength power training. Fourth annual Coaches and Sports Sciences College. Johnson City, TN, December 18, 2009.
- G.G. Haff. Overtraining. NSCA Recovery and Regeneration From Competition and Training Symposia. Beijing China, December 5-12, 2009.
- G.G. Haff. Nutritional Countermeasures. NSCA Recovery and Regeneration From Competition and Training Symposia. Beijing China, December 5-12, 2009.

- G.G. Haff. Training Theory. NSCA Recovery and Regeneration From Competition and Training Symposia. Beijing China, December 5-12, 2009.
- G.G. Haff. Periodization and the Training Process. 60th National Athletic Trainers Association Meeting and Clinical Symposia, San Antonio Tx, June 20th, 2009.
- G.G. Haff. ASCC Pre-Conference Symposium on Periodization. UK Strength and Conditioning Association 5th Annual Conference. Wyboston Lakes Cambridgeshire, England. June 4, 2009.
- G.G. Haff. Metabolic Physiology. TSAC Symposium: Training the Tactical Athlete. Colorado Spring CO, May 29, 2009.
- G.G. Haff. Application of Deployment Nutrition. TSAC Symposium: Training the Tactical Athlete. Colorado Spring CO, May 29, 2009.
- G.G. Haff. Operator Periodization and Challenges. TSAC Symposium: Training the Tactical Athlete. Colorado Spring CO, May 30, 2009.
- G.G. Haff. Overtraining: Recovery / Restoration. Third Annual Coaches and Sport Science College, East Tennessee State University, Johnson City, TN, December 12-13th, 2008.
- G.G. Haff. Periodization: Sequencing Training. Southeast Regional National Strength and Conditioning Association Clinic, Boone NC, November 8-9th, 2008.
- G.G. Haff. Nutrition for the Strength-Power Athlete. Strength and Conditioning Symposium for the Medical Professions. Johnson City TN, August 2nd, 2008.
- G.G. Haff. Training Theory and Practice: The Case for Periodization. Strength and Conditioning Symposium for the Medical Professions. Johnson City TN, August 1st, 2008.
- G.G. Haff. Periodization: Let the Science Guide Our Program Design. UKSCA 4th Annual Conference, Sports Institute Northern Ireland, Belfast Ireland, June 8th, 2008.
- G.G. Haff. Olympic Weightlifting Progressions. 8th Annual TCNJ Athletic Performance Symposium, Ewing NJ, April, 26, 2008.
- G.G. Haff. Resistance Training for the Endurance Athlete. 8th Annual TCNJ Athletic Performance Symposium, Ewing NJ, April, 26, 2008.
- G.G. Haff. Periodization: Integration of An Athlete Monitoring System. NSCA North Central/Great Lakes Regional Strength and Conditioning Clinic, Minneapolis St. Paul, MN, April 19, 2008.
- G.G. Haff. Strength Training for the Endurance Athlete. Northland Regional Chapter of the American College of Sports Medicine, St. Cloud MN, March 28, 2008.
- G.G. Haff. Training Theory, Northland Regional Chapter of the American College of Sports Medicine, St. Cloud MN, March 28, 2008.

- G.G. Haff. Ergogenic Aids and Supplements Q& A, Northland Regional Chapter of the American College of Sports Medicine, St. Cloud MN, March 28, 2008.
- G.G. Haff. Periodization: Are We Going Astray? Northland Regional Chapter of the American College of Sports Medicine, St. Cloud MN, March 28, 2008.
- G.G. Haff. Steroid Education and Physiology, Appalachian State University ES 5200 Seminar Class, Boone NC, March 21, 2008.
- G. G. Haff. Periodization A-Z: Are we Going Astray, Sports Performance Enhancement Consortium: Applying Scientific Principles and Methods within Sport Training and Conditioning Symposium, Johnson City TN, December 13-15, 2007.
- G.G. Haff. Advanced Periodization: Coupling Science with Practical Application, Mid-Atlantic Regional Chapter of the American College of Sports Medicine, Harrisburg PA, November 3, 2007.
- G.G. Haff. Resistance Training and the Endurance Athlete. NSCA's Training the Endurance Athlete Symposium. Colorado Springs, CO October 19-20, 2007.
- G.G. Haff. Nutritional Supplementation and the Strength Power Athlete: Carbohydrate and Protein Supplements. CME Symposium: Strength and Conditioning for the Medical Professions, East Tennessee State University, Johnson City, TN August 3, 2007.
- G.G. Haff. Strength Training for Endurance Sports, Chinese Strength Symposium, Colorado Springs, CO July 18, 2007.
- G.G. Haff Resistance Training for Endurance Sports, NSCA National Conference, Atlanta GA July 14, 2007.
- G.G. Haff. Periodization Models for Elite Athletes. NSCA's Periodization and Planning Symposium, Storrs, CT June 9, 2007.
- G.G. Haff. The Use of Olympic Weightlifting to Improve Athletic Performance. High Intensity Training Centers Strength and Conditioning Clinic, Westover WV, April 14, 2007.
- G.G. Haff. Anabolic-Androgenic Steroids and Sport. Sports Medicine Special Interest Group, West Virginia University School of Medicine, April 3 2007.
- G.G. Haff. Carbohydrate Intake and Resistance Training. The International Society of Sports Nutrition 2 day Workshop: Enhancing Athletic Performance-Understanding the Role of Sports Nutrition-Training-Recovery-Injury. Colorado Springs, CO November 4, 2006.
- G.G. Haff. Steroid Education – Physiology. National Strength and Conditioning Association's Training for Hockey Symposium, Colorado Springs, CO August 12, 2006.

- G.G. Haff and Jeff McBride. Performance Enhancement: New Techniques and Technologies. National Strength and Conditioning Association's National Conference and Exhibition, Washington, DC July 14, 2006.
- G.G. Haff. Periodization and Advanced Athletes. National Strength and Conditioning Association's National Conference and Exhibition, Washington, DC July 14, 2006.
- G.G. Haff. High Intensity Strength Training for the Endurance Athlete. MedExpress Mountaineer Triathlon, Morgantown, WV June 24, 2006.
- G.G. Haff. Periodization. . National Strength and Conditioning Association's Plyometric, Speed, and Agility Symposium. Colorado Springs, CO June 17, 2006.
- G.G. Haff. Special Session: Steroid Education – Physiology. National Strength and Conditioning Association's Plyometric, Speed, and Agility Symposium. Colorado Springs, CO June 16, 2006.
- G.G. Haff and E.E. Haff. Resistance Training with Free Weights. Diabetes and Exercise and Sports Association. Chapel Hill, NC May 20, 2006.
- G.G. Haff. Recovery Supplementation. The High Intensity Training Center, Westover, WV April 19, 2006.
- G.G. Haff. Performance Enhancing Substances. Sports Medicine Special Interest Group, West Virginia University School of Medicine, February 16, 2006.